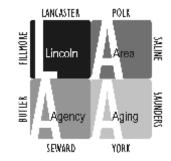
Lincoln Area Agency on Aging ActivAge EVENTS

~ TREES OF LOVE This is the 19th year that the Lincoln Area Agency on Aging and Wells Fargo Bank have teamed together to ensure that older people will be remembered and receive a gift they wish for during the holidays. The project began with Lancaster Manor in 1987 and has grown to include eight facilities and 1100



residents. Each nursing home provides the first name and gift wish of their residents and LAAA Volunteer Programs writes these wishes on ornaments to be placed on trees in all the Wells Fargo Bank facilities. People in the community are asked to come to Wells Fargo Branch Bank, remove an ornament, write their own name on the thank you which remains on the trees, purchase and wrap the suggested gift and return it to any Wells Fargo. *Please help because after all, Christmas isn't just for kids!* For more information, call Volunteer Programs at 402-441-7026.

- ~ HERITAGE LEAGUE'S HOLIDAY OF TREES See the Lincoln Area Agency on Aging's tree, "It Takes a Village to Care," at the 33rd annual charitable fund-raiser. "Caring for a parent, spouse, loved one, or friend when they are ill or failing is an honor and sometimes a challenge. The Lincoln Area Agency on Aging salutes and recognizes Caregivers everywhere. Our tree is filled with photos of persons who are either caregivers or loved ones who received care. For more information about how the Lincoln Area Agency on Aging is part of the Village that supports Caregivers, phone 441-7070 or visit www.lincoln.ne.gov/, keyword: aging." The event will be December 1 and 2, 10am-8:30pm, at the Unitarian Church, 6300 "A" Street. Watch for more information in the Lincoln Journal-Star and elsewhere.
- ~ **SENIOR HEALTH PROMOTION CENTER** The UNMC Colleges of Nursing and Dentistry, in cooperation with Lincoln Area Agency on Aging's Lifetime Health program, perform health and dental screenings at the Downtown ActivAge Center, 1005 "O" Street. No appointments needed for most services, walk-ins are encouraged. Dental screenings do require an appointment; please call 402-441-7575. The Clinic is open from **9:30am-2:30pm, on** *almost every* **Tuesday** *and almost every* **Thursday**. Call 402-441-7575 for more information. Also, check with your closest ActivAge Center for transportation to the Clinic. The schedule includes:

December: 1, 6, 8

January: 17, 19, 24, 26, 31

February: 2, 7, 9, 14, 16, 21, 23, 28 March: 2, 7, 9, 21, 23, 28, 30

~ MOVEMENT MATTERS EXERCISE & FITNESS CLASSES Aerobic fitness for active older adults. Classes are **Tuesdays** and **Thursdays**, 9am or 11am, at Auld Recreation Center, 3140 Sumner. Eight week sessions begin January 3 and March 2. Can join at any time. Classes for January 3-19 will be held at the "F" Street Recreation Center while the Auld floor is restored. Call 402-219-7000 to register. Cost is \$40 for St. Elizabeth Advantage members or \$44 for non-members.

December: 1, 6, 8, 13, 15

January: 3, 5, 10, 12, 17, 19, 24, 26, 31 February: 2, 7, 9, 14, 16, 21, 24, 28 March: 2, 7, 9, 14, 16, 21, 23, 28, 30

April: 4, 6, 11, 13, 18, 20

~ STRETCH AND TONE An an easy and relaxing way to improve your flexibility and muscle tone. Most exercises are done sitting or standing near a chair. A great class for the beginning exerciser or person who hasn't been exercising for a while. Classes are **Tuesdays** and **Thursday**s, 9:30-10:15am, North Gate Estates, 2425 Folkways Boulevard. Eight week sessions begin January 3 and March 2. Can join at any time. Call 402-441-7575 to register. Cost is \$28.

December: 1, 6, 8, 13, 15

January: 3, 5, 10, 12, 17, 19, 24, 26, 31 February: 2, 7, 9, 14, 16, 21, 24, 28 March: 2, 7, 9, 14, 16, 21, 23, 28, 30

4, 6, 11, 13, 18, 20 April:

~ AT THE ACTIVAGE CENTERS Stop by the Centers for fun, social, recreational, health, or educational programs. Call the Center listed for more information and reservations. Meal reservations must be made at least two days in advance. Suggested contribution for meals.

Wednesdays through December, 10-11:30am - Holiday Ceramics; Calvert, 441-8483 (\$20/month)

December 1 - Entertainment tba at the December Birthday Party; Calvert, 441-8483

December 6 - "Creating a Culture of Peace" by Lela Knox Shanks; First United, 441-7152

December 12 - Loren Wissman Family at the Holiday Meal; Calvert, 441-8483

December 13 - Grannie Annie at the Holiday Meal; First United, 441-7152

December 19 - Dorothy Applebee entertains; Calvert, 441-8483

December 30 - Tom Teckmeyer, Vocal Music; Waverly, 441-0424 (leave a message)

January tba - Affordable Dentures; Northeast, 441-7151

January 12 - Entertainment tba at the January Birthday Party; Calvert, 441-8483

February 9 - Entertainment tba at the February Birthday Party; Calvert, 441-8483

February 14 - Valentine's Pizza Party; First United, 441-7152

March 9 - Entertainment tba at the March Birthday Party; Calvert, 441-8483

~ YOGA REFRESH AND RENEW EXERCISE & FITNESS CLASSES Gentle yoga class includes relaxation. Classes are **Thursday**s, 10-11:30am, at the Belmont ActivAge Center, 1234 Judson. Eight week sessions begin January 5 and March 2. Can join at any time. Call 402-441-7575 to register. Cost is \$45.

December: 1, 8, 15 January: 5, 12, 19, 26 February: 2, 9, 16, 23 March: 2, 9, 16, 23, 30

April: 6, 13, 20

~ GOAL COMPUTER CLASSES Comprehensive computer classes in a fun environment and geared for older adults. Offered at Downtown ActivAge Center (DT), 1005 "O" Street, and the Northeast ActivAge Center (NE), 6310 Platte Avenue. For information or registration, call 402-441-7506 or e-mail goal@lincoln.ne.gov.

Word Processing December 2 9-11:30am DT \$25 Internet December 5, 6 9-11:30am DT \$35

~ ROAD TRIP WITH THE ACTIVAGE CENTERS Travel about town or out of town! Explore in our town, our state, and beyond! Call the Center listed for more information and reservations. Most trips involve a cost.

December 2 - Mahoney Park Play; Firth, Panama, Hickman, and Bennet, 441-0423 (leave a message)

December 9 - Kennard House Holiday Tour; Calvert, 441-8483

December 30 - Tom Teckmeyer, Vocals; Firth, Panama, Hickman, and Bennet, 441-0423 (leave a message)

- ~ PETE PENGUIN'S HOLIDAY PARADE PICNIC This Star City Holiday Weekend tradition returns on Saturday, December 3. The Downtown ActivAge Center opens at 8am for coffee and rolls. Pancakes and sausages are served from 9am-12:30pm; cost is \$5 per person. Plenty of kids activities and time to visit Santa Claus. Call 402-441-7506 for further information.
- ~ POLAR BEAR PICNIC Looking for a fun and warm place to be before the Star City Parade? Come to the Polar Bear Picnic on Saturday, **December 3**, 8:30-10:30am at Embassy Suites Downtown. Admission is \$7.50 for adults and \$3 for children under 12. Includes a wonderful breakfast buffet, games, giveaways, arts & crafts, holiday temporary tattoos, and Santa Claus visits. Designed to be an inter-generational event for children of all ages, the Polar Bear Picnic is a fun, comfortable and elegant way to stay warm and have a good time before the parade starts. Enjoy a leisurely breakfast while the children in your life enjoy activities that promote healthy youth development and education. Proceeds go to benefit the Lincoln Area Agency on Aging Foster Grandparent Program, an inter-generational education program in Lincoln and Lancaster County.

For more information about the event or Foster Grandparents, please call 402-441-6105.

- ~ HOLIDAY POPS: The Spirit of the Season The annual Lincoln Symphony Orchestra's Holiday Pops Concert will be performed under the baton of Resident Conductor, Dr. Tyler G. White, director of orchestral studies and programs at the University of Nebraska-Lincoln. The concert will feature the musicians of the orchestra along with the Doane Choirs, Kurt Runestad, Director, in a program of seasonal favorites. See the Symphony's web site at www.lincolnsymphony.com/ for more information. Sunday, December 11, 3pm, at the Kimball Recital Hall. Tickets are \$12 for older adults; van transportation is also available for a separate \$4 fee. Call 402-441-7158 to register.
- ~ WINTER HOLIDAY MEALS AT THE ACTIVAGE CENTERS Leave the snow men and the cold outside warm up at your closest ActivAge Center. The main entree is Swiss chicken breast with dressing. Holiday meals will be served **December 12-16**. Please make meal reservations at least two days in advance by calling the Center or the main number, 402-441-7158. Suggested contribution is \$4 for eligible participants; cost is \$6 for those under 60. Van ride available.

Monday - Calvert, Firth Tuesday - Belmont, First United, Panama Wednesday - Hickman, Northeast Thursday - Asian, Bennet, Downtown Friday - Lake Street, Maxey, Waverly

~ **BRIDGE** Keep playing! More multi-week classes with instructor, Bruce Burns. Designed for the beginning beginner to the seasoned player. Please call 402-441-7158 for information and reservations. Payments are payable to and sent to the Lincoln Area Agency on Aging, Attn: ActivAge Bridge classes.

December 14 - Party, Wednesday @ Brentwood Estates, 2:30-5pm

- 1) January 9 Beginning I
- 2) January 11 Beginning I
- 3) February 20 Beginning II
- 4) February 22 Beginning II
- 5) May 1 Intermediate
- 6) May 3 Intermediate
- 7) June 21 Duplicate
- 8) June 26 Duplicate
- 9) July 24 Alumni
- 10) July 26 Alumni
- 11) September 11 Beginning I
- 12) September 13 Beginning I
- 13) October 23 Beginning II
- 14) October 25 Beginning II
- 15) December 18 Party
- 16) December 20 Party
- ~ **SENIORS FOUNDATION 25**TH **ANNIVERSARY RAFFLE** The Seniors Foundation raffle will be dedicating 100% of the proceeds to benefit the older adults in our community: funding for "Live & Learn" on 5CityTV, purchase of a van for transportation, and strength and conditioning equipment. Tickets are on sale **NOW** for just \$5 each. Prize listing is available at www.seniorsfoundation.org. Drawing with be on **December 16**. Purchase your raffle ticket from a Seniors Foundation Board member or many Lincoln Area Agency on Aging staff members. Call 402-441-6179 for additional information.
- ~ **DINNER & A SHOW SERIES** More exciting evenings of fabulous food and fantastic entertainment at the Downtown ActivAge Center (DT), 1005 "O" Street; the Northeast ActivAge Center (NE), 6310 Platte Avenue; the First United ActivAge Center (1st), 2723 North 50th Street, Cotner Center Condominiums, 1540 North Cotner, or other locations. Reservations must be made by 10am on the Monday before that week's Thursday event by calling 402-441-7506 (DT), 402-441-7151 (NE), or 402-441-7152 (1st). Times vary: usually dinner will be served at 5 or 5:30 pm, with entertainment following. Suggested contribution is \$5 for people over 60; and cost is \$6 for people under 60. Van is an additional \$1 fee.

December 16 - Holiday Lights Tour; Downtown, 441-7506; suggested contribution if \$7 or cost is \$8 January 5 - Loren Davidson on the piano; First United, 441-7152

February 9 - A Skeptics Guide to Valentine's Day! with the O.K. Chorale; Cotner Center, call 441-7151; suggested contribution is \$6 or cost is \$7

February 23 - Great Jubilation: an evening of Traditional Black Gospel Music; Maxey ActivAge Center, 2032 "U" Street, 441-7849

March 16 - Wee Brazen Hussies; Cotner Center, call 441-7151

April 13 - The Retro Mantics; Cotner Center, 441-7151

May tba - Picnic at Holmes Lake Park

June 1 - Barb Mager on the keyboard; Cotner Center

July 13 - tba; Cotner Center

August 10 - Tuna Fish Jones; Cotner Center

September 7 - Motown Review; Maxey ActivAge Center, 2032 "U" Street

October 12 - Joe Taylor; Cotner Center November tba - USO Show; Downtown December 8 - Holiday Lights Tour; Downtown

- ~ HOLIDAY LIGHTS TOUR Our city sparkles at holiday time. Warm up with a 5:30pm meal and then board the StarTran bus for the City Lights Tour. Friday, **December 16 (new date)**, starting at 5:30pm. Register by Monday, December 5. Suggested contribution is \$7 for people over 60; and cost is \$8 for people under 60. Van is an additional \$1 fee. Call the Downtown ActivAge Center at 402-441-7506 for reservations.
- ~ CHOICES TO MAKE: BOOMERS IN TRANSITION Retirement is more than just a 401K or mutual funds. How are you going to spend your free time? Where do you want to live? Will you have a second career? Learn how to take control of your life and enjoy your future to the fullest! Classes will be **January 10 and 17**, 6:30-9:30pm, at the SCC Continuing Education Center, 301 South 68th Street Place (the former Gallup Building). Sharon Cheney, RN, MA, will be the instructor. Cost is \$29. For more information, see www.southeast.edu or contact Nancy Holman, SCC, at nholman@southeast.edu or 402-437-2712 or 1-800-828-0072.
- ~ **LUNCH OUT WITH THE ACTIVAGE CENTERS** Out on the town! Meal is a cost or suggested contribution. Van usually available for an extra fee. Reservation deadlines and prices vary. Call the Center listed for more information and reservations.

January 17 - Mr. Steak; First United, 441-7152

- ~ "THE ENERGY OF MONEY" Thousands of people have discovered by studying this book by Maria Nemeth, Ph.D., MCC, that it is possible to develop a powerful relationship with money. As you become powerful with money, then all the other forms of energy time, physical vitality, creativity, enjoyment, and relationships can become available to convert your ideas and dreams into reality. This book study group will be facilitated by Kris Thaller, Life Coach. Tuesdays, January 31 to March 7, 1-3pm, Legacy Estates, 7200 Van Dorn. Cost is \$50 for those 60 or better; or \$70 for those under 60. The book is needed to fully benefit from the course; cost is \$16. Register by January 25 by calling Lifetime Health at 402-441-7575.
- ~ **INCOME TAX ASSISTANCE** Many ActivAge Centers offer assistance in preparing income tax forms. Bring last year's return and your income statements. Call the Center in your area for more information.

Calvert by appointment only; starts in February 441-8483 First United by appointment only; Tuesdays, 10am-2pm; starts February 7 441-7152

~ A SKEPTICS GUIDE TO VALENTINE'S DAY!: A Comical Music Revue about Love in the Lost & Found Sometimes Cupid's aim is just a little off, and for years, songwriters have had a field day writing songs about it! Join us for a very special Valentine's Dinner and a Show, featuring the fabulous musical stylings of The O.K. Chorale. Meal includes Sweetheart Salmon Filet and Strawberry Cheesecake. Thursday, February 9, starting at 5pm at Cotner Center Condominiums, 1540 North Cotner. Suggested contribution is \$6 for people over 60; and cost is \$7 for people under 60. Van is an additional \$1 fee. Call the Northeast ActivAge Center by Monday, February 6th for reservations at 402-441-7151. Co-sponsored with Cotner Center Condominiums and the Cornhusker Bank.

- ~ VALENTINE'S DESSERT AT THE ACTIVAGE CENTERS Sweets for the sweets on Tuesday, February 14. Enjoy the meal and special dessert at your closest ActivAge Center! Please make meal reservations at least two days in advance by calling the Center or the main number, 402-441-7158. Suggested contribution. Van ride available.
- ~ RSVP TRAVELOGUE Explore around the world adventures with professional photographers narrating the travel. Shows are on Tuesdays, 2 & 8 pm, and Wednesdays, 2 & 6 pm; at Edgewood Theatre near 56th & Highway. 2. Tickets are available at door: \$6 for those 55+ or \$7 for those under 55. Or call Volunteer Programs at 402-441-7026 about season tickets. If you would like to have van service for the Wednesday, 6pm show, call 402-441-7158 to schedule at least one week prior to show. Van cost is \$4 per ride.

February 14-15 - Europe's Wild Gem - Iceland March 14-15 - It's Great Britain April 4-5 - Israel Today

- ~ LOVE YOUR HEART: A WHOLEistic APPROACH TO HEART HEALTH Can nutrition, stress management, exercise, and social interaction affect our hearts? Yes! Discover how practicing a healthy lifestyle can benefit your heart. Also, learn about the latest cardiac diagnostic and treatment technology that saves thousands of lives each day. Presenters include Paula Ritter Gooder, Registered Dietician; Terri Swanson, Certified Personal Trainer; Tracie Foreman, Aging Specialist & Health Educator; and Virg Unverferth, APRN, BC, of the Nebraska Heart Institute. Wednesday, **February 22**, 9:30-11:30am, First United ActivAge Center, 2723 North 50th Street. For more information on the presentation, call Lifetime Health at 402-441-7575. If you would like lunch, please reserve your meal at least two days in advance by calling 402-441-7152. Suggested contribution for the lunch.
- ~ **GREAT JUBILATION: An Evening of Traditional Black Gospel Music** Blend your hearts with music performed by the Christ Temple Mission, Lincoln Northeast High School's Concert Choir directed by Charles Bowling, Angela Onuoha, and Images directed by Deah Harriott. As a finale, blend your voice with all present. This Black History Month Dinner & a Show is co-sponsored by with the Malone Community Center. Includes an evening meal. Thursday, **February 23** starting at 5:30pm at the Maxey ActivAge Center in the Malone Community Center, 2032 "U" Street. Suggested contribution is \$5 for people over 60; and cost is \$6 for people under 60. Van is an additional \$1 fee. Call the Maxey ActivAge Center by Monday, February 20th for reservations at 402-441-7849.
- ~ **DIGITAL CAMERA SEMINAR** Did Santa bring you a digital camera or leave camera money in your stocking? Learn how to buy and use today's digital cameras. Lead by Clark Springman in cooperation with the Lincoln Camera Club. Wednesday, **March 8**, 2pm at Gere Library. Call 402-441-7158 for further information.
- ~ **WEE BRAZEN HUSSIES** Dinner & a Show will be Thursday, **March 16**, starting at 5pm at Cotner Center Condominiums, 1540 North Cotner. Suggested contribution is \$5 for people over 60; and cost is \$6 for people under 60. Van is an additional \$1 fee. Call the Northeast ActivAge Center by Monday, March 13th for reservations at 402-441-7151. Co-sponsored with Cotner Center Condominiums.
- ~ SAINT PATRICK'S DAY DESSERT AT THE ACTIVAGE CENTERS Wear green, enjoy the luck, and treat yourself to the meal and special dessert at your closest ActivAge Center on Friday, March 17. Please make meal reservations at least two days in advance by calling the Center or the main number, 402-441-7158. Suggested contribution. Van ride available.
- ~ LUNCH WITH THE MAYOR: Rewards and Challenges of Life in Public Service This Women's History Month event features Coleen J. Seng, Mayor of the City of Lincoln reflecting on public service. Friday, March 24, 11:30am in the second floor classroom at the Downtown ActivAge Center, 1005 "O" Street. Suggested contribution or cost for the meal. Meal reservations need to be made by March 22, 12 noon by calling 402-441-7158.
- ~ THE DEAN CHURCH VARIETY MUSIC SHOW will be coming to the Lied Center on Monday, April 3, at 2pm. Dean plays fiddle, violin, and the banjo and has been the featured instrumentalist with the Brashlers and the Magnificent Seven. He started performing at the age of 11 years. Branson voted him as "Fiddle Player of the Year" for 4 consecutive years. Dean has shared the Branson stage with Ray Price, Tony Orlando, Boxcar Willie, Ferlin Husky, Jim Stafford, and Cristy Lane. You may have seen him as "Thomas" in the IMAX movie,

- "Ozarks Legacy and Legend." This variety show will feature country, classic, Celtic, and gospel music, too. Comedy, trick fiddling, Elvis, patriotism, and fantastic costumes! Cost is \$22, payable to "Jon Dorr." No age requirements. Van available for an extra fee. Call 402-441-7158 to reserve your tickets.
- ~ THE WILL ROGERS FOLLIES starring Larry Gatlin The life and career of America's "favorite son," Will Rogers, comes to the stage in this all-singing, all-dancing Broadway extravaganza. Winner of six Tony Awards®, *The Will Rogers Follies* is a dazzling spectacle about America's first international media sensation whose wit and homespun wisdom still ring true today. Set on stage during one of the legendary Ziegfeld Follies, Will's story comes to life with magnificent sets, luscious costumes, and a bevy of beautiful girls. See this show on Saturday, April 8, 2pm, at the Lied Center for the Performing Arts. Cost is \$37.80 per ticket, with no age requirements. Payments are to "UNL" with a check, Visa, or MasterCard. Need a total of at least 20 ticket holders for this special price. Seating will be in the center back of Section 2. Van available for an extra fee. Reservations & payments must be completed by March 8, by calling 402-441-7158.

"It shakes, shimmies, struts, high kicks, parades, glides, grinds, taps, twirls, and just about jumps off the stage."

- Associated Press

~ **RETRO-MANTICS** This Dinner & a Show is Thursday, **April 13**, starting at 5:30pm at Cotner Center Condominiums, 1540 North Cotner. Suggested contribution is \$5 for people over 60; and cost is \$6 for people under 60. Van is an additional \$1 fee. Call the Northeast ActivAge Center by Monday, April 10th for reservations at 402-441-7151. Co-sponsored with Cotner Center Condominiums.

Other ActivAge and Lincoln Area Agency on Aging programs and services:

- ~ **ActivAge CENTERS** Call **402-441-7158** to locate your closest center or receive a schedule of activities and noon meals. Merrill Lynch calling program, income tax assistance, Farmers' Market coupons, influenza inoculations.
- ~ ActivAge TICKETS, TOURS, & EVENTS Call 402-441-7158 for information.
- ~ **GOAL COMPUTER CENTERS** Computer classes geared for older adults are offered at Downtown and Northeast ActivAge Centers. Introduction, Internet & E-Mail, Word Processing, Excel Spreadsheet, Web Design, eBay, Sign Language, and more! Call **402-441-7506** for information.
- ~ HOME HANDYMAN SERVICE Provides chore and handyman services. From mowing to leaky faucets! Call 402-441-7030 for information.
- ~ **LIFETIME HEALTH** Life's a hit when you're feeling fit! Aerobics, Stretch & Tone, Yoga, and Pilates. Call **402-441-7575** for information on classes, Channel 5 schedule, fitness equipment, and the Senior Health Promotion Center. The Clinic is open almost every Thursday; call **402-441-7575** for schedule.
- ~ MILESTONE GALLERY Located in the Downtown ActivAge Center, this gallery represents nearly 100 of the area's finest artist and serves as the home of the Lincoln Artist's Guild. Gallery Walk is first Friday of each month. Call 402-441-8453 for information
- ~ RURAL TRANSIT in Lancaster County Provides transportation on a fixed schedule from rural Lancaster communities in Lincoln. Call 402-441-7031 for information.
- ~ VOLUNTEER PROGRAMS Support our community when you volunteer. Call 402-441-7026 for info.
- ~ LINCOLN AREA AGENCY ON AGING more services! Where do you go for answers on aging? Call the Lincoln Area Agency on Aging's LIFE office at 402-441-7070.
- ~ **SENIORS FOUNDATION** If you would like to support your favorite Lincoln Area Agency on Aging program with a gift or a memorial, please contact Richard Blair at **402-441-6179** or <u>rblair@lincoln.ne.gov</u>. The Seniors Foundation Board invites you to visit <u>www.seniorsfoundation.org/</u>.

More Lincoln Area Agency on Aging's ActivAge information available in:

- ~ Prime Time supplement and Neighborhood Extra in the Lincoln Journal Star
- ~ City of Lincoln website at www.lincoln.ne.gov/, keyword: aging
- ~ Seniors Foundation website at www.seniorsfoundation.gov/
- ~ "Living Well," the new Lincoln Area Agency on Aging magazine

AFTER MAKING PHONE-IN RESERVATIONS, MANY PAYMENTS WILL BE MAILED TO:

Lincoln Area Agency on Aging, ATTN: ActivAge EVENTS, 1005 "O" Street, Lincoln, NE 68508-3628

Updated on November 30, 2005 (1:19pm) by EBS F:\FILES\AGING\AIS05\PEAK\ARTW_Events.wpd